

**IN THE CLAIMS:**

Claims 1-12 (Canceled).

13. (Withdrawn) A sandwich made from at least two slices of baked bread, said sandwich comprising first and second matching bread pieces each having a central portion and an outer perimeter edge, said bread piece being at least partially sealed by a sealing region, and a central food mass having an outer peripheral edge and positioned between said central portions of said bread slices and spaced inwardly of said sealing region, said food mass including a layer of a second food spread substantially encapsulated between a first and third layer of a first food spread, said first and third layers of said first food spread have a lower water activity than said layer of said second food spread, said sealing region being spaced inwardly of said outer perimeter edge of said first and second slices of said bread and outwardly of said outer peripheral edge of said central food mass, said outer perimeter edge of said first and second slices of said bread being less compressed than at least a portion of said sealing region.

14. (Withdrawn) The sandwich as defined in claim 13, wherein said first and third layers of said first food spread include a nut butter and said second layer of second food spread includes jelly.

15. (Withdrawn) The sandwich as defined in claim 13, wherein said sealing region includes a plurality of depressions in at least one of said slices of bread.

16. (Withdrawn) The sandwich as defined in claim 14, wherein said sealing region

includes a plurality of depressions in at least one of said slices of bread.

17. (Withdrawn) The sandwich as defined in claim 15, wherein said depressions are generally spaced an equal distance from one another.

18. (Withdrawn) The sandwich as defined in claim 16, wherein said depressions are generally spaced an equal distance from one another.

19. (Withdrawn) The sandwich as defined in claim 13, wherein said sandwich has a substantially circular shape.

20. (Withdrawn) The sandwich as defined in claim 18, wherein said sandwich has a substantially circular shape.

21. (Withdrawn) The sandwich as defined in claim 13, wherein said first and second slices of bread are substantially crustless.

22. (Withdrawn) The sandwich as defined in claim 20, wherein said first and second slices of bread are substantially crustless.

23. (Withdrawn) The sandwich as defined in claim 13, wherein said at least partially sealed slices of bread are contained in a substantially airtight package.

24. (Withdrawn) The sandwich as defined in claim 22, wherein said at least partially sealed slices of bread are contained in a substantially airtight package.

25. (Currently Amended) A method of making a convenient sandwich from two slices of bread which can be stored for long periods of time without a central filling leaking outwardly from the slices of bread, said method comprising:

(a) selecting a first slice of bread having an outer perimeter edge;

5 (b) forming a food mass having an outer peripheral edge on said first slice of bread, said food mass spaced inwardly from said outer perimeter edge of said first slice of bread, said food mass ~~includes~~ including a layer of a second food spread substantially encapsulated between a first and third layer of a first food spread;

10 (c) placing a second slice of said bread having an outer perimeter edge over said first slice to cover said food mass; and,

15 (d) pressing a region spaced inwardly of said perimeter edge of at least one of said bread slices to form a sealing region spaced from said outer perimeter edge of said first and second slices of bread, said sealing region at least partially sealing said food mass between said first and second slices of said bread, said outer peripheral edge of said food mass being spaced from said sealing region, said sealing region being substantially absent said food mass, said sealing region formed of a surface-to-surface compression seal between said first and second slices of bread, said outer perimeter edge of said first and second slices of said bread being less compressed than at least a portion of said sealing region.

26. (Previously Presented) The method as defined in claim 25, wherein said first and third

layers of said first food spread ~~have a lower water activity than~~ prevent said layer of said second food spread from penetrating said first and third layers of said first food spread and radiating outwardly into said first and second slices of bread.

27. (Previously Presented) The method as defined in claim 25, wherein said first and third layers of said first food spread include a nut butter and said layer of said second food spread includes jelly.

28. (Previously Presented) The method as defined in claim 26, wherein said first and third layers of said first food spread include a nut butter and said layer of said second food spread includes jelly.

29. (Currently Amended) The method as defined in claim 25, wherein said step of pressing includes forming a plurality of depressions in said sealing region in at least one of said bread slices, said plurality of depressions being spaced from said outer perimeter edge of said at least one of said bread slices, said depressions forming pressure points to prevent said slices of bread from separating at said surface-to-surface compression seal at said sealing region.

30. (Currently Amended) The method as defined in claim 28, wherein said step of pressing includes forming a plurality of depressions in said sealing region in at least one of said bread slices, said plurality of depressions being spaced from said outer perimeter edge of said at least one of said bread slices, said depressions forming pressure points to prevent said slices of bread from separating at said surface-to-surface compression seal at said sealing region.

31. (Previously Presented) The method as defined in claim 29, wherein said depressions are generally spaced an equal distance from one another.

32. (Previously Presented) The method as defined in claim 30, wherein said depressions are generally spaced an equal distance from one another.

33. (Currently Amended) The method as defined in claim 25, wherein said step of forming a food mass on said first slice of bread includes i) placing of said first slice of bread on a platen ~~having a central portion and a pressure surface surrounding said central portion~~, and ii) depositing said food mass inwardly of said ~~pressure surface of said platen~~ outer peripheral edge of said first bread slice; said step of pressing includes the pressing of a portion of at least one of said bread slices toward ~~said pressure surface of said platen~~ to at least partially form said sealing region.

34. (Currently Amended) The method as defined in claim 32, wherein said step of forming a food mass on said first slice of bread includes i) placing of said first slice of bread on a platen ~~having a central portion and a pressure surface surrounding said central portion~~, and ii) depositing said food mass inwardly of said ~~pressure surface of said platen~~ outer peripheral edge of said first bread slice; said step of pressing includes the pressing of a portion of at least one of said bread slices toward ~~said pressure surface of said platen~~ to at least partially form said sealing region.

35. (Currently Amended) The method as defined in claim 33, wherein said step of pressing includes moving a ~~an upper pressure plate~~ cutting device having a cutting edge and a ~~lower pressure surface~~ sleeve toward ~~said pressure surface of said platen~~ until said cutting edge at least

partially contacts ~~said pressure surface of said platen~~, said ~~lower pressure surface~~ sleeve including  
5 spaced projections that create said plurality of said depressions in at least one of said slices of bread,  
said ~~lower pressure surface~~ sleeve being spaced from ~~said pressure surface of said platen~~ when said  
cutting edge at least partially contacts ~~said pressure surface of said platen~~, said cutting edge at least  
partially cutting off a portion of said outer perimeter of said bread slices when said cutting edge at  
least partially contacts ~~said pressure surface of said platen~~.

36. (Currently Amended) The method as defined in claim 34, wherein said step of  
pressing includes moving a ~~an upper pressure plate~~ cutting device having a cutting edge and a ~~lower~~  
~~pressure surface~~ sleeve toward ~~said pressure surface of said platen~~ until said cutting edge at least  
partially contacts ~~said pressure surface of said platen~~, said ~~lower pressure surface~~ sleeve including  
5 spaced projections that create said plurality of said depressions in at least one of said slices of bread,  
said ~~lower pressure surface~~ sleeve being spaced from ~~said pressure surface of said platen~~ when said  
cutting edge at least partially contacts ~~said pressure surface of said platen~~, said cutting edge at least  
partially cutting off a portion of said outer perimeter of said bread slices when said cutting edge at  
least partially contacts ~~said pressure surface of said platen~~.

37. (Currently Amended) The method as defined in claim 35, wherein at least one of said  
bread slices includes a crust, said cutting edge substantially cutting off said crust when said cutting  
edge at least partially contacts ~~said pressure surface of said platen~~.

38. (Currently Amended) The method as defined in claim 36, wherein at least one of said  
bread slices includes a crust, said cutting edge substantially cutting off said crust when said cutting

edge at least partially contacts ~~said pressure surface of~~ said platen.

39. (Currently Amended) The method as defined in claim 35, wherein said step of at least partially cutting off a portion of said outer perimeter of said bread slices occurs when said cutting edge at least partially contacts ~~said pressure surface of~~ said platen ~~to form~~, said step of at least partially cutting and forming a sandwich having a substantially circular shape.

40. (Currently Amended) The method as defined in claim 38, wherein said step of at least partially cutting off a portion of said outer perimeter of said bread slices occurs when said cutting edge at least partially contacts ~~said pressure surface of~~ said platen ~~to form~~, said step of at least partially cutting and forming a sandwich having a substantially circular shape.

41. (Previously Presented) The method as defined in claim 25, including the step of sealing said sandwich in a substantially airtight package.

42. (Previously Presented) The method as defined in claim 40, including the step of sealing said sandwich in a substantially airtight package.

43. (New) The method as defined in claim 35, including the step of releasing pressurized gas to separate said cut bread slices from said cutting device.

44. (New) The method as defined in claim 40, including the step of releasing pressurized gas to separate said cut bread slices from said cutting device.